

## DOCTOR BODY: THE PASSIONS

The most powerful emotions are anger and despair. Scarcely a day passes but we hear of the fatal consequences of giving way to both. Depression and misery swell out the list of grievances that beset our daily life. The leading passion in human nature is irritability. If it led to a good result, it might be thought healthy. But as it merely excites the brain to no good purpose, and seldom gains the end which reasoning might accomplish, it's a waste of time. Women have been thrown into hysterics, epilepsy and death by indulging their anger; men have sacrificed friendships, broken peaceful homes, and scattered their relatives and dependents.

## DOCTOR BODY: ARE PIES UNWHOLESOME?

Not necessarily so. A pie with light delicate crust filled with fruit sauce spiced so as to be scarcely susceptible, is one of the most nutritious and easily digested articles of food. But when the crusts are heavy and soggy, and the fillings bitter with spices, pies become troublesome. Mince pies are an abomination under all circumstances. It is one of the most difficult articles to digest. It can be "tasted" thirty hours after it should have passed from the stomach. Mince pies are a common article of diet in New England, and a leaner or more dyspeptic race cannot be found than the New England people. Light, plain cake is easily digested, and very nutritious. Artic explorers take with them a supply of rich fruit cake as it has been found that it possesses greater strength and heat-producing properties than any other article of food.